

5km/5000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:20:50			132	120	109	130	140								
00:20:55			131	119	108	129	139								
00:21:00			130	118	107	128	138	150							
00:21:05			129	117	106	127	137	149							
00:21:10			128	116	105	126	136	148							
00:21:15			127	115	104	125	135	147							
00:21:20			126	114	103	124	134	146							
00:21:25			125	113	102	123	133	145							
00:21:30			124	112	101	122	132	144							
00:21:35			123	111	100	121	131	143							
00:21:40			122	110	99	120	130	142	150						
00:21:45			121	109	98	119	129	141	149						
00:21:50			120	108	97	118	128	140	148						
00:21:55			119	107	96	117	127	139	147						
00:22:00			118	106	95	116	126	138	146						
00:22:05		150	117	105	94	115	125	137	145						
00:22:10		149	116	104	93	114	124	136	144						
00:22:15		148	115	103	92	113	123	135	143						
00:22:20		147	114	102	91	112	122	134	142						
00:22:25		146	113	101	90	111	121	133	141	150					
00:22:30		145	112	100	89	110	120	132	140	149					
00:22:35		144	111	99	88	109	119	131	139	148					
00:22:40		143	110	98	87	108	118	130	138	147					
00:22:45		142	109	97	86	107	117	129	137	146					
00:22:50		141	108	96	85	106	116	128	136	145					
00:22:55		140	107	95	84	105	115	127	135	144					
00:23:00		139	106	94	83	104	114	126	134	143					
00:23:05		138	105	93	82	103	113	125	133	142					
00:23:10		137	104	92	81	102	112	124	132	141	150				
00:23:15		136	103	91	80	101	111	123	131	140	149				
00:23:20		135	102	90	79	100	110	122	130	139	148				
00:23:25		134	101	89	78	99	109	121	129	138	147				
00:23:30		133	100	88	77	98	108	120	128	137	146				
00:23:35		132	99	87	76	97	107	119	127	136	145				
00:23:40		131	98	86	75	96	106	118	126	135	144				
00:23:45		130	97	85	74	95	105	117	125	134	143				
00:23:50		129	96	84	73	94	104	116	124	133	142				
00:23:55		128	95	83	72	93	103	115	123	132	141				
00:24:00		127	94	82	71	92	102	114	122	131	140				
00:24:05		126	93	81	70	91	101	113	121	130	139				
00:24:10		125	92	80	69	90	100	112	120	129	138	150			

5km/5000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:24:15		124	91	79	68	89	99	111	119	128	137	149			
00:24:20		123	90	78	67	88	98	110	118	127	136	148			
00:24:25		122	89	77	66	87	97	109	117	126	135	147			
00:24:30		121	88	76	65	86	96	108	116	125	134	146			
00:24:35		120	87	75	64	85	95	107	115	124	133	145			
00:24:40		119	86	74	63	84	94	106	114	123	132	144			
00:24:45		118	85	73	62	83	93	105	113	122	131	143			
00:24:50		117	84	72	61	82	92	104	112	121	130	142			
00:24:55		116	83	71	60	81	91	103	111	120	129	141			
00:25:00		115	82	70	59	80	90	102	110	119	128	140			
00:25:05		114	81	69	58	79	89	101	109	118	127	139			
00:25:10		113	80	68	57	78	88	100	108	117	126	138			
00:25:15		112	79	67	56	77	87	99	107	116	125	137			
00:25:20		111	78	66	55	76	86	98	106	115	124	136			
00:25:25		110	77	65	54	75	85	97	105	114	123	135			
00:25:30		109	76	64	53	74	84	96	104	113	122	134			
00:25:35		108	75	63	52	73	83	95	103	112	121	133			
00:25:40		107	74	62	51	72	82	94	102	111	120	132			
00:25:45		106	73	61	50	71	81	93	101	110	119	131			
00:25:50		105	72	60	49	70	80	92	100	109	118	130			
00:25:55		104	71	59	48	69	79	91	99	108	117	129			
00:26:00		103	70	58	47	68	78	90	98	107	116	128			
00:26:05		102	69	57	46	67	77	89	97	106	115	127			
00:26:10		101	68	56	45	66	76	88	96	105	114	126			
00:26:15		100	67	55	44	65	75	87	95	104	113	125			
00:26:20		99	66	54	43	64	74	86	94	103	112	124			
00:26:25	150	98	65	53	42	63	73	85	93	102	111	123			
00:26:30	149	97	64	52	41	62	72	84	92	101	110	122			
00:26:35	148	96	63	51	40	61	71	83	91	100	109	121			
00:26:40	147	95	62	50	39	60	70	82	90	99	108	120	150		
00:26:45	146	94	61	49	38	59	69	81	89	98	107	119	149		
00:26:50	145	93	60	48	37	58	68	80	88	97	106	118	148		
00:26:55	144	92	59	47	36	57	67	79	87	96	105	117	147		
00:27:00	143	91	58	46	35	56	66	78	86	95	104	116	146		
00:27:05	142	90	57	45	34	55	65	77	85	94	103	115	145		
00:27:10	141	89	56	44	33	54	64	76	84	93	102	114	144		
00:27:15	140	88	55	43	32	53	63	75	83	92	101	113	143		
00:27:20	139	87	54	42	31	52	62	74	82	91	100	112	142		
00:27:25	138	86	53	41	30	51	61	73	81	90	99	111	141		
00:27:30	137	85	52	40	29	50	60	72	80	89	98	110	140		
00:27:35	136	84	51	39	28	49	59	71	79	88	97	109	139		

5km/5000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:27:40	135	83	50	38	27	48	58	70	78	87	96	108	138		
00:27:45	134	82	49	37	26	47	57	69	77	86	95	107	137		
00:27:50	133	81	48	36	25	46	56	68	76	85	94	106	136		
00:27:55	132	80	47	35	24	45	55	67	75	84	93	105	135		
00:28:00	131	79	46	34	23	44	54	66	74	83	92	104	134		
00:28:05	130	78	45	33	22	43	53	65	73	82	91	103	133		
00:28:10	129	77	44	32	21	42	52	64	72	81	90	102	132		
00:28:15	128	76	43	31	20	41	51	63	71	80	89	101	131		
00:28:20	127	75	42	30	19	40	50	62	70	79	88	100	130		
00:28:25	126	74	41	29	18	39	49	61	69	78	87	99	129		
00:28:30	125	73	40	28	17	38	48	60	68	77	86	98	128		
00:28:35	124	72	39	27	16	37	47	59	67	76	85	97	127		
00:28:40	123	71	38	26	15	36	46	58	66	75	84	96	126		
00:28:45	122	70	37	25	14	35	45	57	65	74	83	95	125		
00:28:50	121	69	36	24	13	34	44	56	64	73	82	94	124		
00:28:55	120	68	35	23	12	33	43	55	63	72	81	93	123		
00:29:00	119	67	34	22	11	32	42	54	62	71	80	92	122		
00:29:05	118	66	33	21	10	31	41	53	61	70	79	91	121		
00:29:10	117	65	32	20	9	30	40	52	60	69	78	90	120	150	
00:29:15	116	64	31	19	8	29	39	51	59	68	77	89	119	149	
00:29:20	115	63	30	18	7	28	38	50	58	67	76	88	118	148	
00:29:25	114	62	29	17	6	27	37	49	57	66	75	87	117	147	
00:29:30	113	61	28	16	5	26	36	48	56	65	74	86	116	146	
00:29:35	112	60	27	15	4	25	35	47	55	64	73	85	115	145	
00:29:40	111	59	26	14	3	24	34	46	54	63	72	84	114	144	
00:29:45	110	58	25	13	2	23	33	45	53	62	71	83	113	143	
00:29:50	109	57	24	12	1	22	32	44	52	61	70	82	112	142	
00:29:55	108	56	23	11		21	31	43	51	60	69	81	111	141	
00:30:00	107	55	22	10		20	30	42	50	59	68	80	110	140	
00:30:05	106	54	21	9		19	29	41	49	58	67	79	109	139	
00:30:10	105	53	20	8		18	28	40	48	57	66	78	108	138	
00:30:15	104	52	19	7		17	27	39	47	56	65	77	107	137	
00:30:20	103	51	18	6		16	26	38	46	55	64	76	106	136	
00:30:25	102	50	17	5		15	25	37	45	54	63	75	105	135	
00:30:30	101	49	16	4		14	24	36	44	53	62	74	104	134	
00:30:35	100	48	15	3		13	23	35	43	52	61	73	103	133	
00:30:40	99	47	14	2		12	22	34	42	51	60	72	102	132	
00:30:45	98	46	13	1		11	21	33	41	50	59	71	101	131	
00:30:50	97	45	12			10	20	32	40	49	58	70	100	130	
00:30:55	96	44	11			9	19	31	39	48	57	69	99	129	
00:31:00	95	43	10			8	18	30	38	47	56	68	98	128	

5km/5000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:31:05	94	42	9			7	17	29	37	46	55	67	97	127	
00:31:10	93	41	8			6	16	28	36	45	54	66	96	126	
00:31:15	92	40	7			5	15	27	35	44	53	65	95	125	
00:31:20	91	39	6			4	14	26	34	43	52	64	94	124	
00:31:25	90	38	5			3	13	25	33	42	51	63	93	123	
00:31:30	89	37	4			2	12	24	32	41	50	62	92	122	
00:31:35	88	36	3			1	11	23	31	40	49	61	91	121	
00:31:40	87	35	2				10	22	30	39	48	60	90	120	150
00:31:45	86	34	1				9	21	29	38	47	59	89	119	149
00:31:50	85	33					8	20	28	37	46	58	88	118	148
00:31:55	84	32					7	19	27	36	45	57	87	117	147
00:32:00	83	31					6	18	26	35	44	56	86	116	146
00:32:05	82	30					5	17	25	34	43	55	85	115	145
00:32:10	81	29					4	16	24	33	42	54	84	114	144
00:32:15	80	28					3	15	23	32	41	53	83	113	143
00:32:20	79	27					2	14	22	31	40	52	82	112	142
00:32:25	78	26					1	13	21	30	39	51	81	111	141
00:32:30	77	25						12	20	29	38	50	80	110	140
00:32:35	76	24						11	19	28	37	49	79	109	139
00:32:40	75	23						10	18	27	36	48	78	108	138
00:32:45	74	22						9	17	26	35	47	77	107	137
00:32:50	73	21						8	16	25	34	46	76	106	136
00:32:55	72	20						7	15	24	33	45	75	105	135
00:33:00	71	19						6	14	23	32	44	74	104	134
00:33:05	70	18						5	13	22	31	43	73	103	133
00:33:10	69	17						4	12	21	30	42	72	102	132
00:33:15	68	16						3	11	20	29	41	71	101	131
00:33:20	67	15						2	10	19	28	40	70	100	130
00:33:25	66	14						1	9	18	27	39	69	99	129
00:33:30	65	13							8	17	26	38	68	98	128
00:33:35	64	12							7	16	25	37	67	97	127
00:33:40	63	11							6	15	24	36	66	96	126
00:33:45	62	10							5	14	23	35	65	95	125
00:33:50	61	9							4	13	22	34	64	94	124
00:33:55	60	8							3	12	21	33	63	93	123
00:34:00	59	7							2	11	20	32	62	92	122
00:34:05	58	6							1	10	19	31	61	91	121
00:34:10	57	5								9	18	30	60	90	120
00:34:15	56	4								8	17	29	59	89	119
00:34:20	55	3								7	16	28	58	88	118
00:34:25	54	2								6	15	27	57	87	117

5km/5000m

Zeit	MU14	MU16	MU18	MU20	Männer	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
00:34:30	53	1								5	14	26	56	86	116
00:34:35	52									4	13	25	55	85	115
00:34:40	51									3	12	24	54	84	114
00:34:45	50									2	11	23	53	83	113
00:34:50	49									1	10	22	52	82	112
00:34:55	48										9	21	51	81	111
00:35:00	47										8	20	50	80	110
00:35:05	46										7	19	49	79	109
00:35:10	45										6	18	48	78	108
00:35:15	44										5	17	47	77	107
00:35:20	43										4	16	46	76	106
00:35:25	42										3	15	45	75	105
00:35:30	41										2	14	44	74	104
00:35:35	40										1	13	43	73	103
00:35:40	39											12	42	72	102
00:35:45	38											11	41	71	101
00:35:50	37											10	40	70	100
00:35:55	36											9	39	69	99
00:36:00	35											8	38	68	98
00:36:05	34											7	37	67	97
00:36:10	33											6	36	66	96
00:36:15	32											5	35	65	95
00:36:20	31											4	34	64	94
00:36:25	30											3	33	63	93
00:36:30	29											2	32	62	92
00:36:35	28											1	31	61	91
00:36:40	27												30	60	90
00:36:45	26												29	59	89
00:36:50	25												28	58	88
00:36:55	24												27	57	87
00:37:00	23												26	56	86
00:37:05	22												25	55	85
00:37:10	21												24	54	84
00:37:15	20												23	53	83
00:37:20	19												22	52	82
00:37:25	18												21	51	81
00:37:30	17												20	50	80
00:37:35	16												19	49	79
00:37:40	15												18	48	78
00:37:45	14												17	47	77
00:37:50	13												16	46	76

